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STAGE

LET'S-READ-AND-FIND-OUT SCIENCE®

Jim Henson's
SID
the Science
KID

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A Cavity Is a Hole in Your Tooth



Based on the
TV show!

Be sure to look for all of these books in the Let's-Read-and-Find-Out Science series:

STAGE 1

The Human Body:

How Many Teeth?
I'm Growing!
My Feet
My Five Senses
My Hands
Sleep Is for Everyone

Plants and Animals:

Animals in Winter
Baby Whales Drink Milk
Big Tracks, Little Tracks
Bugs Are Insects
Dinosaurs Big and Small
Ducks Don't Get Wet
Fireflies in the Night
From Caterpillar to Butterfly
From Seed to Pumpkin
From Tadpole to Frog
How Animal Babies Stay Safe
How a Seed Grows
A Nest Full of Eggs
Starfish
What Lives in a Shell?
What's Alive?
What's It Like to Be a Fish?
Where Are the Night Animals?
Where Do Chicks Come From?

The World Around Us:

Air Is All Around You
The Big Dipper
Clouds
Is There Life in Outer Space?
Pop!
Snow Is Falling
Sounds All Around
What Makes a Shadow?

STAGE 2

The Human Body:

A Drop of Blood
Germs Make Me Sick!
Hear Your Heart
The Skeleton Inside You
What Happens to a Hamburger?
Why I Sneeze, Shiver, Hiccup, and Yawn
Your Skin and Mine

Plants and Animals:

Almost Gone
Ant Cities
Be a Friend to Trees
Chirping Crickets
Corn Is Maize
Dolphin Talk
Honey in a Hive
How Do Apples Grow?
How Do Birds Find Their Way?
Life in a Coral Reef
Look Out for Turtles!
Milk from Cow to Carton
An Octopus Is Amazing
Penguin Chick
Snakes Are Hunters
Spinning Spiders
Sponges Are Skeletons
What Color Is Camouflage?
Where Do Polar Bears Live?
Who Eats What?
Who Lives in an Alligator Hole?
Why Do Leaves Change Color?
Why Frogs Are Wet
Wiggling Worms at Work
Zipping, Zapping, Zooming Bats

Dinosaurs:

Did Dinosaurs Have Feathers?
Digging Up Dinosaurs
Dinosaur Babies
Dinosaur Bones
Dinosaur Tracks
Dinosaurs Are Different
Fossils Tell of Long Ago
My Visit to the Dinosaurs
What Happened to the Dinosaurs?

Space:

Floating in Space
The International Space Station
Mission to Mars
The Moon Seems to Change
The Planets in Our Solar System
The Sky Is Full of Stars
The Sun
What Makes Day and Night
What the Moon Is Like

Weather and the Seasons:

Down Comes the Rain
Feel the Wind
Flash, Crash, Rumble, and Roll
Sunshine Makes the Seasons
Tornado Alert
What Will the Weather Be?

Our Earth:

Archaeologists Dig for Clues
Earthquakes
Follow the Water from Brook to Ocean
How Mountains Are Made
Let's Go Rock Collecting
Oil Spill!
Volcanoes
What's So Bad About Gasoline?
Why Are the Ice Caps Melting?
You're Aboard Spaceship Earth

The World Around Us:

Day Light, Night Light
Energy Makes Things Happen
Forces Make Things Move
Gravity Is a Mystery
How People Learned to Fly
Switch On, Switch Off
What Is the World Made Of?
What Makes a Magnet?
Where Does the Garbage Go?

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The Let's-Read-and-Find-Out Science book series was originated by Dr. Franklyn M. Branley, Astronomer Emeritus and former Chairman of the American Museum-Hayden Planetarium, and was formerly co-edited by him and Dr. Roma Gans, Professor Emeritus of Childhood Education, Teachers College, Columbia University. Text and illustrations for each of the books in the series are checked for accuracy by an expert in the relevant field. For more information about Let's-Read-and-Find-Out Science books, write to HarperCollins Children's Books, 10 East 53rd Street, New York, NY 10022, or visit our website at www.letsreadandfindout.com.

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Sid the Science Kid: A Cavity Is a Hole in Your Tooth

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First Edition

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A Cavity Is a Hole in Your Tooth

adapted by Jodi Huelin



Collins

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Good morning, Sid!

“Oh, hi! I have a problem with
this whole teeth-brushing thing.
Mom and Dad keep telling me
I have to brush my teeth twice
a day. Twice!”






Sid thinks brushing his teeth is a lot of work.

“I have to brush my teeth and rinse and brush my gums and brush my tongue and then rinse again and *ahhh!*”





"I've got to know—what
would happen if I *just*
didn't brush my teeth?"


SID!
BREAKFAST
TIME!

Sid races into the kitchen.

“Breakfast!”

“Good morning, Sid!” Mom says.





Sid tells his mom he wants his favorite sugary cereal, and it's OK, but . . .

"You can eat it, but when you're finished you have to brush really well," Mom says.

But Sid has an announcement to make.

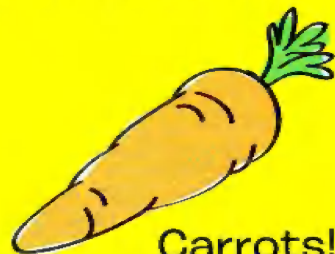
I'M TIRED
OF BRUSHING
MY TEETH.

EXCUSE ME?

Sid's mom and dad can't believe their ears!
"Brushing your teeth is really important," Dad says.
"Here, I'll show you why."



Sid's dad shows him just a few of the foods
he can eat with strong teeth.



Carrots!



Apples!



Cereal!

Sid sees his dad's point . . . sort of.

THIS SOUNDS LIKE
SOMETHING TO INVESTIGATE
AT SCHOOL.



Sid is excited to see his friends at school.
Gabriela, Gerald, and May are waiting for him on the playground.
Sid asks the question of the day:
"Do you like brushing your teeth?"

"I do, with my special purple toothbrush!" answers Gabriela.



Gerald shows Sid *how* he likes to brush his teeth: up and down, on an angle. "But when broccoli gets stuck in my teeth, brushing's hard," Gerald says.



May shows Sid the spot where she just lost a tooth.

"I like brushing in the empty spot so it stays clean," May says.





Is Sid the only person who doesn't think brushing is great?
Maybe Teacher Susie can help them learn more.

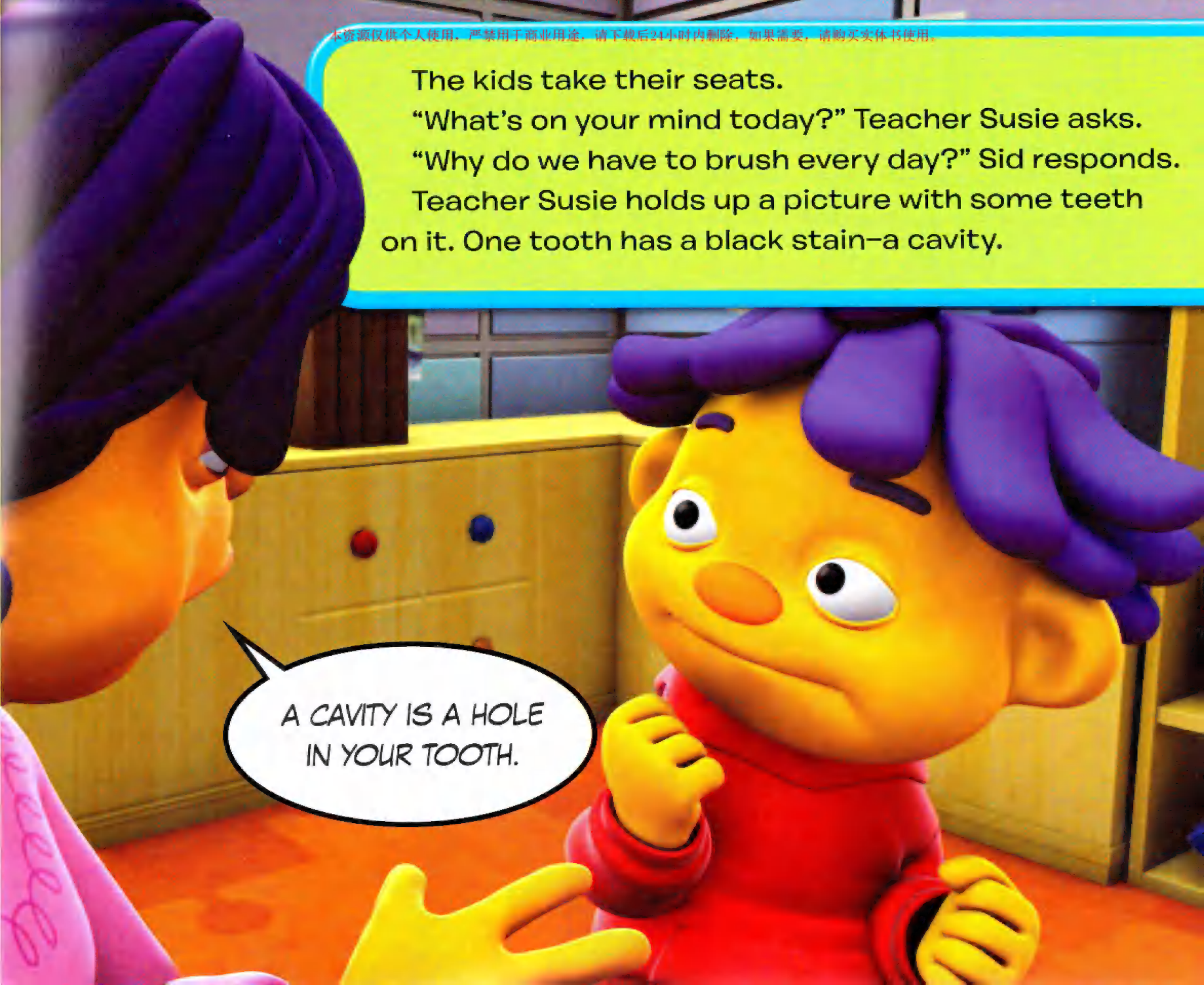
"Come on in, we've got a lot to learn today!" Teacher Susie sings.

The kids take their seats.

“What’s on your mind today?” Teacher Susie asks.

“Why do we have to brush every day?” Sid responds.

Teacher Susie holds up a picture with some teeth on it. One tooth has a black stain—a cavity.



A CAVITY IS A HOLE
IN YOUR TOOTH.

Teacher Susie explains how cavities form. "If you don't brush your teeth, bacteria can grow on the food that's left behind."

"Does it hurt to have a cavity?" May asks.

"Cavities can hurt," Teacher Susie explains. "But once the dentist repairs your tooth, it will feel better."






Teeth have lots to do. They work hard.

“They help us chew,” Gerald says.

“And crunch and munch,” Gabriela adds.

Sid wonders how teeth do all that work.

Teacher Susie says, “Let’s go to the Super Fab Lab to investigate!”

A colorful illustration of a classroom scene. Teacher Susie, a woman with dark purple hair in a bun and a pink long-sleeved shirt, is leaning over a white table. She is handing a small mirror to a pink-skinned child with orange hair. Two other children, a girl with red hair and a boy with purple hair, are sitting at the table. On the table are various art supplies like markers and a notebook. The background shows a classroom with bookshelves, a door, and a window with a patterned curtain.

Teacher Susie explains that the best way to see what teeth actually do, and how they work, is to look at them. She hands out little mirrors like dentists use.



The front teeth are called incisors.
Next to the incisors are the canines.
The teeth way in the back are called molars.

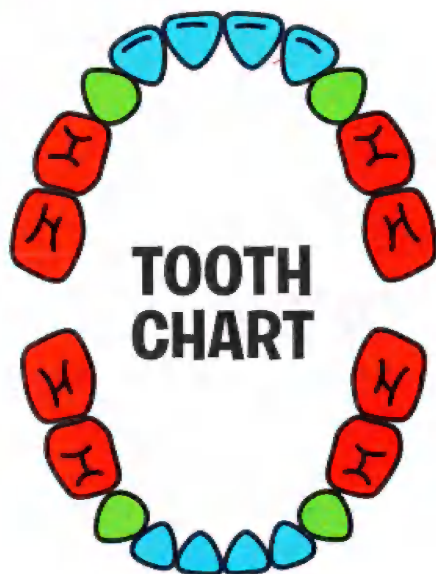
She brings out a tray with some food.

“Now let's explore our teeth and find out their different jobs,”
Teacher Susie says.



When you eat something soft, like a banana, you use your front-or **incisor**-teeth.

When you bite into something hard or crunchy, like a carrot, you use your side-or **canine**-teeth.



Once you have bitten through something crunchy, you chew it up with your back-or **molar**-teeth.





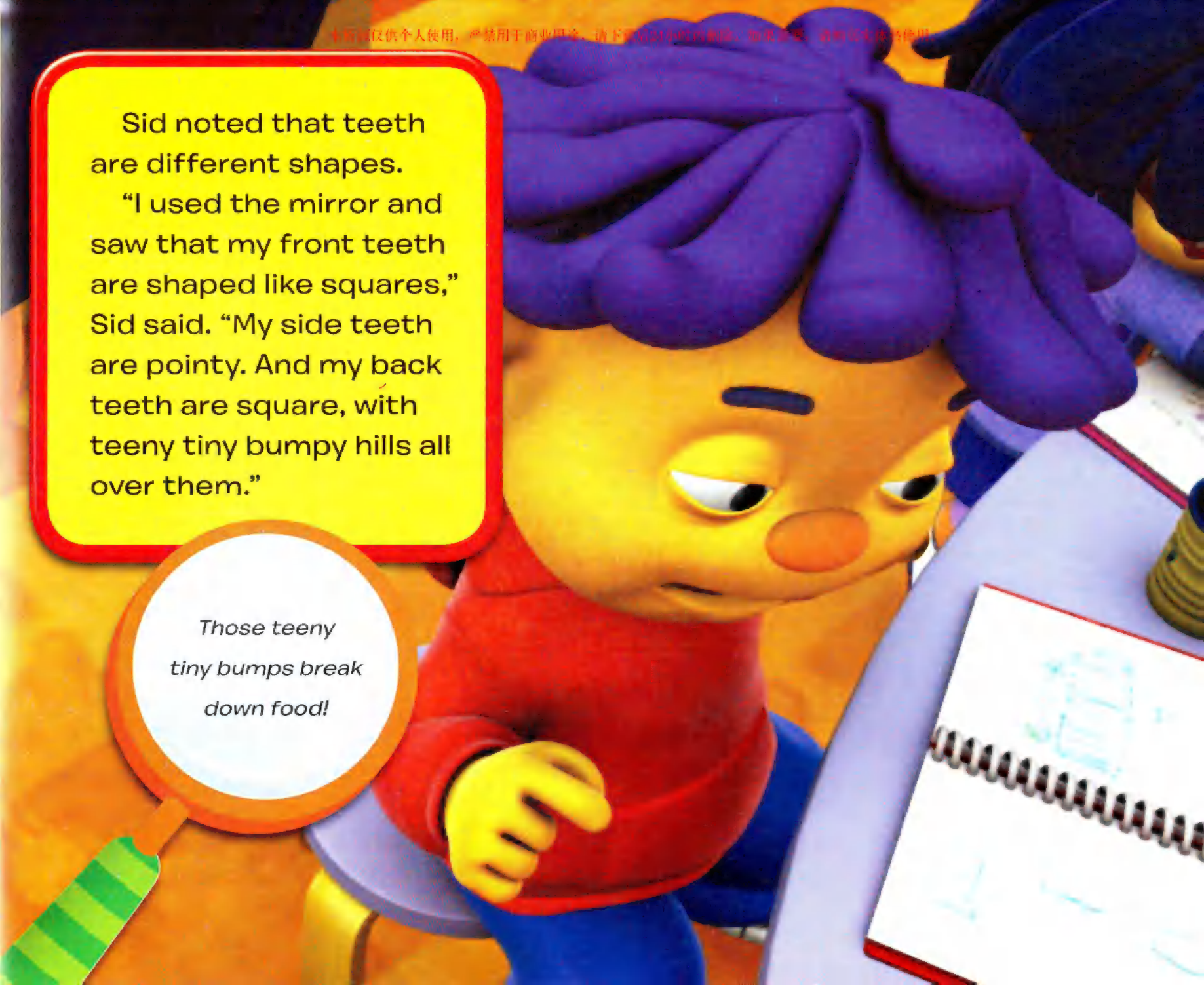
The kids use their journals to show how teeth work.

“I ate a piece of banana using my front teeth,” said Gabriela.
“Then I bit into an apple with my canine teeth. I chewed them with my back teeth!”

Sid noted that teeth are different shapes.

"I used the mirror and saw that my front teeth are shaped like squares," Sid said. "My side teeth are pointy. And my back teeth are square, with teeny tiny bumpy hills all over them."

*Those teeny
tiny bumps break
down food!*



“Our teeth work so hard to chew our food,” May says.
Clean teeth are healthy teeth.





So *that* is why you've got to brush them every day!
"Don't worry, teeth, I'll take good care of you," says Sid.



How else can you keep your teeth healthy?
By visiting the dentist!
Sid and his friends are playing pretend-
Gerald is the dentist and May is the patient.



“Welcome to your checkup,” says Dr. Gerald.

Dentists go to school—dental school—where they learn how to keep kids’ teeth clean and healthy.

At the dentist’s office, the dentist will clean your teeth with a special electric brush and make sure all of your teeth are strong.

Teacher Susie has a
surprise for the kids.
Toothbrushes!





Now Sid and his friends know how to have healthy teeth for
chewing and munching and crunching.

And you do, too.

Just get a toothbrush and brush, brush, brush!

Teacher Susie showed Sid and his friends which teeth are used to chew different types of foods. Here are some more examples.

Incisor (front) teeth are thin and sharp so that they can slice into food like:



Banana



Watermelon

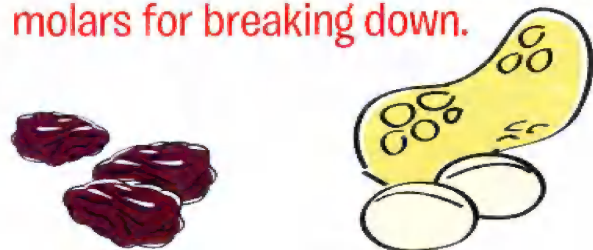


Cheese



Hamburger

Molar (back) teeth have ridges (or bumps) so that they can grind down food. Some cut up or bite-sized foods can be popped into your mouth directly to the molars for breaking down.

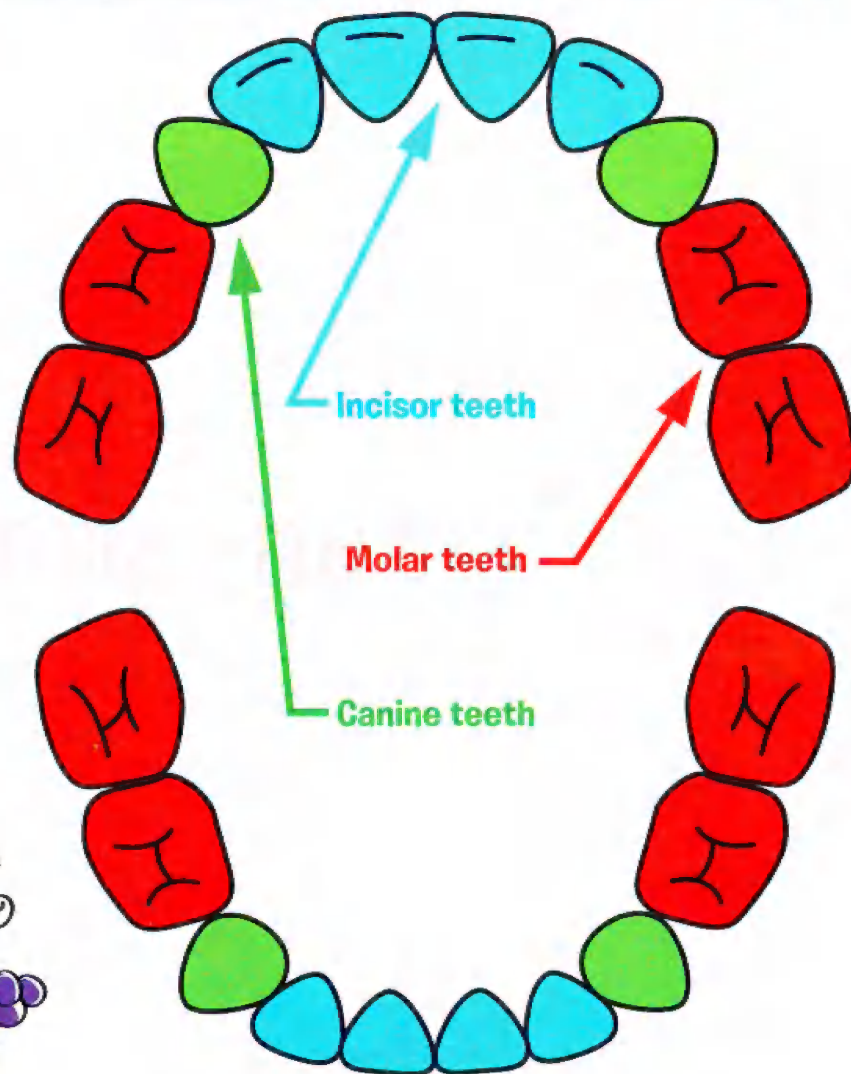


Raisins

Nuts



Grapes

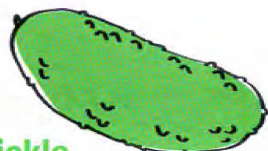


TOOTH CHART

Canine (side) teeth are pointy and narrow so that they can grip food like:



Carrot



Pickle



Nutty Chocolate Bar



Pretzel Stick



Celery

Fun Facts

Kids have twenty teeth.

They are called baby teeth.

Around age six, baby teeth start to fall out.

Adults have thirty-two teeth.

You know how the inside of your mouth is always kind of wet?

That wet stuff is called saliva. It helps break down the chewed-up food so that you can swallow it.

Brushing your teeth at least twice daily (in the morning and before you go to sleep), and visiting the dentist twice yearly are the best ways to keep your teeth clean.

Sid the Science Kid's Tips for Toothbrushing:

- Squeeze a small amount of fluoride toothpaste onto a soft-bristled toothbrush.
- Starting with the outside surface of the last top tooth, place your toothbrush at the spot where the tooth meets the gum.
- Angle your toothbrush at forty-five degrees.
- Gently, using short back-and-forth brushing motions, wiggle the toothbrush ten times.
- Move to the next two teeth and repeat. Continue until all of the outside surfaces are clean, top and bottom.
- Now clean the inside of your teeth in the same way.
- Clean your front teeth, tilting the toothbrush vertically and sweeping it up and down.
- Brush your tongue to remove any bacteria that might cause bad breath.
- Spit out all of the toothpaste and rinse with water.
- Give yourself a big smile in the mirror. You just brushed your teeth!

Ask your dentist for help with toothbrushing—and flossing, too!



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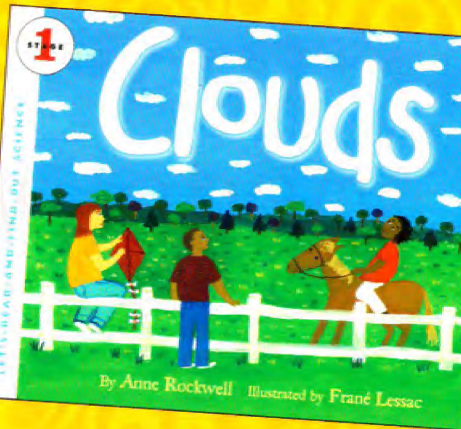
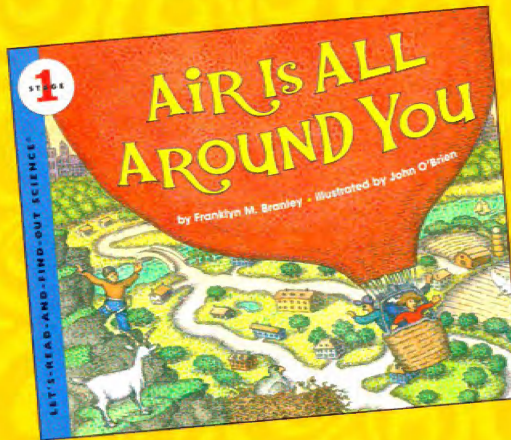
ACTIVITIES
INSIDE!

LET'S-READ-AND-FIND-OUT ABOUT

Teeth

Have you ever wondered what would happen if you never brushed your teeth? Why do you need your teeth to be strong and hard? Read and find out all about teeth with Sid the Science Kid!

Other Stage 1 books you might enjoy:



Introduce basic science concepts to young children and help satisfy their curiosity about how the world works.

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Ages 3 to 6

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Stage 1 books explain simple science concepts for preschoolers and kindergarteners.

2
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Stage 2 books explore more challenging concepts for children in the primary grades.

Find out more at www.letsreadandfindout.com.

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